

WHAT IS CLAIMED IS:

1. A healthcare system comprising: a healthcare apparatus for obtaining health-related information of a user; and a server,  
5        wherein the healthcare apparatus transmits the obtained health-related information to the server,  
             the server creates exercise menu information to be a target for the user to do exercise and advice information for healthcare of the user, and transmits the created exercise menu information and advice information to  
10    the healthcare apparatus, and  
             the advice information is created based on the exercise menu information and the received health-related information.
2. A healthcare system according to claim 1, wherein the healthcare  
15    apparatus transmits the health-related information at an every previously set time or at an every predetermined time.
3. A healthcare system according to claim 1, wherein the healthcare  
20    apparatus obtains the health-related information during exercise of the user, and the healthcare apparatus transmits the health-related information every time obtaining the health-related information.
4. A healthcare system according to claim 1, wherein the health-related  
25    information contains at least one selected from the group consisting of a heart rate of a user and the number of steps thereof.
5. A healthcare system according to claim 1, wherein the exercise menu  
30    information contains at least one selected from the group consisting of a target heart rate, a target number of steps, a target walking distance, a target duration, and an exercise program imposing target values.
6. A healthcare system according to claim 1, wherein the healthcare  
35    apparatus receives an input of user-related information, and transmits the user-related information to the server, and  
             the server creates the exercise menu information based on the user-related information.

7. A healthcare system according to claim 6, wherein the user-related information contains at least one selected from the group consisting of a purpose of exercise of the user and personal information thereof.
- 5 8. A healthcare system according to claim 1, wherein the server creates advice information based on the user-related information and the health-related information.
9. A healthcare apparatus for obtaining health-related information of a user  
10 and managing the health of the user, comprising:  
a receiving part for receiving information from an external apparatus;  
a health-related information obtaining part for obtaining the health-related information of the user; a transmitting part for transmitting the obtained health-related information to the external apparatus; and a display part,  
15 wherein the receiving part receives exercise menu information to be a target for the user to do exercise, and advice information for healthcare of the user created by the external apparatus based on the exercise menu information and the transmitted health-related information, and  
the display part displays at least the exercise menu information and  
20 the advice information.
10. A healthcare apparatus according to claim 9, wherein the transmitting part transmits the health-related information at an every previously set time or at an every predetermined time.
- 25 11. A healthcare apparatus according to claim 9, wherein the health-related information obtaining part obtains the health-related information during exercise of the user, and the transmitting part transmits the health-related information every time obtaining the health-related information.
- 30 12. A healthcare apparatus according to claim 9, wherein the health-related information contains at least one selected from the group consisting of a heart rate of a user and the number of steps thereof.
- 35 13. A healthcare apparatus according to claim 9, wherein the exercise menu information contains at least one selected from the group consisting of a target heart rate, a target number of steps, a target walking distance, a target

duration, and an exercise program imposing target values.

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5 14. A healthcare apparatus according to claim 9, comprising an input part for inputting user-related information, wherein the transmitting part transmits the user-related information to the external apparatus, and the exercise menu information is created based on the user-related information.

10 15. A healthcare apparatus according to claim 14, wherein the user-related information contains at least one selected from the group consisting of a purpose of exercise of the user and personal information thereof.

15 16. A healthcare apparatus according to claim 14, wherein the advice information is created based on the user-related information and the health-related information.

17. A server for receiving health-related information of a user to create advice information, comprising:

20 a receiving part for receiving the health-related information of the user obtained at an external terminal apparatus; an exercise menu information creating part for creating exercise menu information to be a target for the user to do exercise; an advice information creating part for creating advice information for healthcare of the user; and a transmitting part for transmitting the exercise menu information and the advice information to the terminal apparatus,

25 wherein the advice information creating part creates the advice information based on the received health-related information and exercise menu information.

30 18. A server according to claim 17, wherein the health-related information contains at least one selected from the group consisting of a heart rate of a user or the number of steps thereof.

35 19. A server according to claim 17, wherein the exercise menu information contains at least one selected from the group consisting of a target heart rate, a target number of steps, a target walking distance, a target duration, and an exercise program imposing target values.

20. A server according to claim 17, wherein the exercise menu information creating part creates the exercise menu information based on user-related information transmitted from the external terminal apparatus.
- 5 21. A server according to claim 20, wherein the user-related information contains at least one selected from the group consisting of a purpose of exercise of the user and personal information thereof.
22. A server according to claim 20, wherein the advice information creating  
10 part creates advice information based on the user-related information and the health-related information.
23. A healthcare method using a server and a healthcare apparatus connected to the server, comprising the steps of:  
15 (a) transmitting exercise menu information to be a target for a user to do exercise from the server to the healthcare apparatus;  
(b) obtaining health-related information of a user by the healthcare apparatus;  
(c) transmitting the obtained health-related information from the  
20 healthcare apparatus to the server;  
(d) creating advice information based on the health-related information and the exercise menu information by the server and transmitting the advice information to the healthcare apparatus; and  
(e) providing a user with the received advice information by the  
25 healthcare apparatus.
24. A healthcare method according to claim 23, wherein transmission of the health-related information by the healthcare apparatus is conducted at an  
30 every previously set time or at an every predetermined time.
25. A healthcare method according to claim 23, wherein the healthcare apparatus obtains the health-related information during exercise of the user, and the healthcare apparatus transmits the health-related information every time obtaining the health-related information.
- 35 26. A healthcare method according to claim 23, wherein the health-related information contains at least one selected from the group consisting of a heart

rate of a user and the number of steps thereof.

27. A healthcare method according to claim 22, wherein the exercise menu information contains at least one selected from the group consisting of a target heart rate, a target number of steps, a target walking distance, a target duration, and an exercise program imposing target values.

28. A healthcare method according to claim 23, wherein the healthcare apparatus receives an input of user-related information prior to the step (a), and  
the server creates the exercise menu information based on the user-related information in the step (a).

29. A healthcare method according to claim 28, wherein the user-related information contains at least one selected from the group consisting of a purpose of exercise of the user and personal information thereof.

30. A healthcare method according to claim 28, wherein the server creates advice information based on the user-related information and the health-related information in the step (d).